



# Shooting Star

## NORTHERN LIGHTS CLUBHOUSE

May 2018

### Nursing Students at NLCH

By Genine P.

For the past 20 years we have provided training about Northern Lights Clubhouse to Finlandia University Nursing Students. Each year, this training includes a presentation in their classroom and a practical experience at the clubhouse.

A presentation is given in the month of January by one or two members and a staff. The presentation introduces the students to the Clubhouse International Model and how Northern Lights Clubhouse operates.

Later, after the presentation, two nurses attend clubhouse each Friday for 12 weeks. The students are able to have a Clubhouse tour, get involved in projects, observe members and staff at work, and interact with members.

Recently the students wrote about their Clubhouse experience. There were a few topics that were consistent in every article:

- ⇒ **Relationships are very important**
- ⇒ **An inspiring community**
- ⇒ **Environment is nurturing, kind, warm, and welcoming**
- ⇒ **Clubhouse offers support and learning opportunities**
- ⇒ **Amazing and hardworking people**
- ⇒ **Members report how Clubhouse has changed their lives and gives them a second family**



### Preparing for Accreditation

By Chad J. and Casey L.

We have been busy preparing for accreditation with Clubhouse International. In 2016 Chad, Casey, and Crystal, from our advisory board, attended two-week training at Independence Center in St. Louis.

We returned to Northern Lights, energized and full of new ideas. These ideas were shared with colleagues at our Clubhouse. This sparked lots of enthusiasm and soon we began looking closely at the standards and how we could use those standards to continue to improve our program. Some of the changes and improvements made included reorganizing our work ordered day, implementing Transitional Employment, and creating an Advisory Board. The members at Clubhouse worked together to make decisions on how best to make these changes.

The last few months Northern Lights has been working hard on completing the self-study. This involved many meetings where colleagues went through all the standards and responded to questions pertaining to our fidelity to the standards.

We have been in contact with the Clubhouse Faculty who will be coming to conduct our accreditation visit, which is scheduled for May 21-23. We look forward to meeting Pam from Grand Avenue Club in Milwaukee, Wisconsin and Laurie from Frontier House in Greeley, Colorado. We are excited to show all of our hard work and are looking forward to learning more from Pam and Laurie. Our findings meeting is scheduled for May 23 at 10:00. We invite all to attend, if you are not a member of Northern Lights and would like to attend please call us at 906.482.0741.

## CONGRATULATIONS! MEMBER OF THE MONTH

### March 2018



*Jo Ann E.*

## HAPPY BIRTHDAY

### May Birthdays

May 14th  
Lori

May 20th  
Ben

May 7th  
Rose S. &  
Mike Y

May 30th  
Pam & Scott

A Picnic at McLain State Park  
By Tammy R.

I would like to go out on a picnic at McLain State Park this year. I enjoy picnics this time of year.

There would be all kinds of food. I enjoy hot dogs, hamburgers, salads, pop, chips, pickles, and cinnamon rolls. Also, I like mustard, ketchup, lettuce, and tomatoes on the buns.

The surroundings are very fun. I would go on walks and I love the swings. Also, we would see the waves on the lake. The waves are big and small. We would also play Frisbee. I think the round hoops are good for tossing around the park. I throw some basket balls around with some one helping me get them; I thank this person for helping me. We would also play badminton.

I like picnics there because we have gatherings and get to know each other better. They are fun and exciting!

Tips to Be More Healthy  
By Jo Ann E.

More exercise is good for us. Be more active and be stronger and more fit.

What are my favorite activities? Walking and riding bikes. My best exercises are lifting dumbbells and weights or doing squats.

Are you feeling good about staying in good shape? Oh no! Where's my friend gone? On a walk to the store or to the park to play kick ball?

Just be more active to be more healthy!

### A look Into the Kitchen

By Alicia H.

The Kitchen Unit is "Food Central" of Northern Lights Clubhouse. There are many jobs that stem from the kitchen such as menu planning, shopping, preparing meals, and washing dishes.

As one of the jobs in the kitchen, we create the monthly lunch menu with a variety of meals. Everyone helps with ideas for the menu. My favorite meal was probably the Corned Beef and Cabbage!

The kitchen colleagues go grocery shopping on Tuesdays for the week, but occasionally Scott has to go in the morning to pick up a couple of items.

Lunch is not the only meal that is prepared in the kitchen. Employment Dinners and Holiday Meals are also prepared there. Occasionally we also do snacks for social activities.

A couple of months ago we purchased two new appliances. One is a meat slicer and the other is a Kitchen Aide (also known as a mixer). I've gotten a lot of use out of the mixer. There has been a rule set for the meat slicer, only trained personnel can operate the meat slicer.

The dishes are also washed in the kitchen. The routine in doing the dishes is to pre-rinse, wash, rinse, sanitize, and lay out to air dry. The next morning, they get put away.

One of the ovens doesn't always work properly so there is talk of possibly purchasing a new one because it is probably not repairable. I hope we can do that because there are times that dishes take way longer to cook than they should.

I have baked a lot of desserts over the last four or five months. I have made things such as Fruit Cocktail Jell-O and Cheese Cake with Blueberry Topping. My favorite was probably the Coconut Chocolate Chip Cookies. I loved pulling them out of the oven that day that I baked them; the cooking coconut smelled so good!

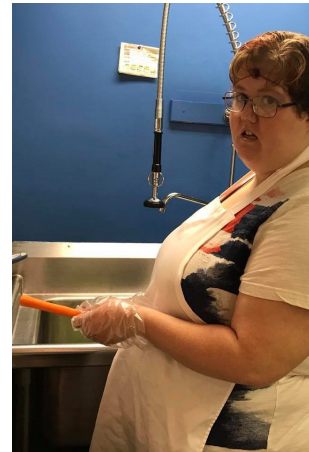
We have a returning member, Brandon, that has a lot of experience in the kitchen. He has said that he can cook some Caribbean, Japanese, Chinese and other kinds of food! Scott and I think that he will be a great addition to the Kitchen Unit.

The leftovers from meals during the week are dated for the following Friday and are eaten for the lunch meal on Fridays. I think this is a great idea for those who don't come in every day and possibly miss a meal that they wanted to try or that is one of their favorites.

We have a chest freezer and two refrigerators. One of the fridges holds items like salad dressing and eggs that we need to make that day or the next. The other holds the leftovers and beverages. Scott orders food from the food pantry about once a month. Then we will take a trip to go pick up the order. That food mostly goes in the chest freezer.

There is a joke in the kitchen. I'm dropping food on the floor a lot so sometimes people say to me, "Alicia your growing gardens again."

We appreciate and welcome any help we can get in the Kitchen Unit.



### Mother's Day

By Casey L.

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. Mother's Day 2018 is on Sunday, May 13<sup>th</sup> in the United States. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914.

[www.history.com/topic/holidays/mothers-day](http://www.history.com/topic/holidays/mothers-day).

In our family my Dad usually just makes my Mom's favorite dish on Mother's Day for her.

*“Keep active in the structured day and do jobs and chores year ‘round.”* Fred H.

**TE Announcements:**

Transitional Employment opportunities:

- ◆ CCMH in Administration: Shredding Technician, Available near the end of May.
- ◆ Culver’s Restaurant, Lobby Attendant / Kitchen Helper, Available in Early May.
- ◆ Up to 12 hours per week for 6 months.
- ◆ Talk to Clubhouse Staff for more information or if interested.

**My April Outings**

By Billie Jo H.

I went on two outings in April. I like to go on outings because they are fun, and I like the people I go with.

On April 18<sup>th</sup> we went to the humane society and we visited the dogs and cats. The cats were cute. There were only three dogs left in the kennel. Our dog, Flip, got adopted and we got a new dog, Louise, to sponsor.

On April 4<sup>th</sup> we had dinner at Waterfront Restaurant. I went with my friends Beth, Jo Ann, Doug H., Brett, and Keith. The food was good.

**Employment Dinner—May 22nd @ 4:00**

**Upcoming Social & Recreational Events**

May 2nd—3:00  
Fishing in L’Anse

May 9th—3:30  
Baraga Drive-In

May 16th—4:00  
Mine Shaft  
Bowling

May 23rd—3:30  
Brockway Mtn.  
Drive

May 30th—4:00  
Humane Society  
& Hiking

May 28th  
Memorial Day  
Picnic

## Flavorful Chicken Fajitas

**TOTAL TIME:** Prep: 20 min. + marinating Cook: 5 min.

**YIELD:** 6 servings

### Ingredients

4 tablespoons canola oil, divided  
 2 tablespoons lemon juice  
 1-1/2 teaspoons seasoned salt  
 1-1/2 teaspoons dried oregano  
 1-1/2 teaspoons ground cumin  
 1 teaspoon garlic powder  
 1/2 teaspoon chili powder  
 1/2 teaspoon paprika  
 1/2 teaspoon crushed red pepper flakes, optional  
 1-1/2 pounds boneless skinless chicken breast,  
 cut into thin strips  
 1/2 medium sweet red pepper, julienned  
 1/2 medium green pepper, julienned  
 4 green onions, thinly sliced  
 1/2 cup chopped onion  
 6 flour tortillas (8 inches), warmed  
 Shredded cheddar cheese, taco sauce,  
 salsa, guacamole and sour cream

### Directions

1. In a large resealable plastic bag, combine 2 tablespoons oil, lemon juice and seasonings; add the chicken. Seal and turn to coat; refrigerate for 1-4 hours.
2. In a large skillet, sauté peppers and onions in remaining oil until crisp-tender. Remove and keep warm.
3. Discard marinade. In the same skillet, cook chicken over medium-high heat for 5-6 minutes or until no longer pink. Return pepper mixture to pan; heat through.
4. Spoon filling down the center of tortillas; fold in half. Serve with cheese, taco sauce, salsa, guacamole and sour cream. Yield: 6 servings.



**"A Fiesta For  
Your Mouth"  
From Alicia H.**

## Sign-Up for the Northern Lights Clubhouse Newsletter!

If you are not currently receiving the Northern Lights Clubhouse Newsletter by email, would you enjoy getting it monthly?

Simply drop us a line at:

[NorthernLightsClub@gmail.com](mailto:NorthernLightsClub@gmail.com)

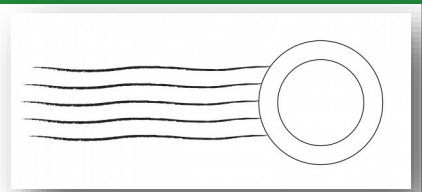
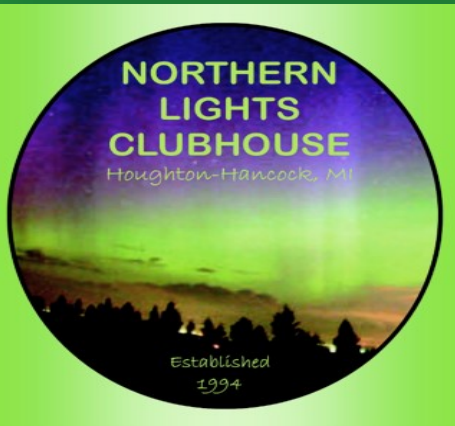
Please include in your subject line the words "**NLC Newsletter sign-up**".

You will have delivery of the NLC Newsletter into your Inbox monthly.

## Newsletter Contributors

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## Lunch Menu—May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Mushroom Pork Chops	2 Polish Sau- sage & Sauer- kraut	3 Almond Chicken Stir Fry	4 Buffet Day	5 Tacos
6 CLOSED	7 Soup & Turkey- Sandwich	8 Chicken Faji- tas	9 Homemade Pizza	10 Swedish Meat- balls	11 Buffet Day	12 Sloppy Joe & Chips
13 CLOSED	14 Hot Dog and Onion Rings	15 Ham & Cheese Salad	16 Beef Stew	17 Lasagna	18 Buffet Day	19 Pizza & Side Salad
20 CLOSED	21 Baked Fish & Garlic Par- mesan Pasta	22 Chef & Fruit Salads	23 Spaghetti and Side Salad	24 Cheeseburger & Fries	25 Buffet Day	26 Sub Sandwich
27 CLOSED	28 <i>Memorial Day</i>	29 Cheesy Pes- to Chicken Stuffed Shell	30 Hot Tur- key Sandwich	31 BBQ Ribs & Baked Beans		